

Sweet Potato Hash Cakes

Ingredients:

1 large sweet potato (about 3 cups shredded)
3 large eggs, beaten
1 tsp fresh rosemary, chopped
3 tbsp. coconut oil
salt and pepper to taste

Method:

Place shredded sweet potatoes in medium bowl with eggs and rosemary. Season and stir thoroughly.

Heat medium-sized, heavy skillet over medium heat with 2 tbsp. coconut oil until hot but not smoking.

Place heaping $\frac{1}{4}$ cup sweet potato mixture in mounds on the pan and flatten into patties using a large spoon or spatula. (Don't crowd the cakes)
Once edges brown, flip gently and brown on other side.

Finish cooking in a 350 degree oven if insides need more cooking.
Keep warm while you finish the remaining cakes.